

The Spa at Stoweflake, Stowe, VT, USA



The Spa at Stoweflake located in **Stowe, Vermont** is an attractive award-winning Spa with an intriguing menu of 150 diverse treatments to appeal to those new-to-Spa as well as Spa aficionados. Expect a whole new world of treatments when you walk through The Spa at Stoweflake entrance.

We experienced The Spa at Stoweflake in February 2015 during our stay at the Stoweflake Mountain Resort & Spa and were very impressed with this world-class 50,000 square feet Spa with 30 treatment rooms, state-of-the-art fitness space and amenities, and a Spa menu of 150 enticing treatments that go well-beyond most standard Spa menus.

The diverse treatment menu includes Stoweflake Signature Treatments, Stoweflake Body Treatments, Kurs ("The Kur is a series of daily treatments based on the use of natural resources - thermal mineral waters, algae, mud and essential oils and herbs replenish nutrients"), Eastern Bodywork (Shaitso Massage, Reiki, Thai Yoga Bodywork, and Ashiatsu), and a large offering of Ayurvedic Treatments (based on "the ancient Indian science of life and wellness. It establishes an understanding of your individual body type and its current imbalances, which can cause skin problems, weight gain, sleep issues, digestive complaints, joint pain and more").



Spa at Stoweflake Retail Space

Also on the menu is a selection of Sound Balancing treatments, Traditional Massage and Bodywork, Stoweflake Signature Facials, Ilike Organic Facials, B. Kamins Chemist Facials, Eye Treatments, treatments Especially for Men, Couples Treatments, Salon Services, Make-up Services, Hair Services, Rejuvenating Salon Services, Special Occasion Services, Bridal Packages, and Fitness and Wellness programs. With so many treatment options available, The Spa at Stoweflake is perfect to spend an entire day or multiple days to fully partake of its diverse offerings and pamper yourself with luxury. The Spa at Stoweflake also has an excellent, well- stocked gift shop so guests can continue their Spa experience at home.



Spa at Stoweflake Relaxation Room

We arrived early at the Spa for our treatments and relaxed in their attractive sanctuary lounges with inviting fireplaces reclining on chaises and perusing the vast selection of magazines, as well as enjoying complimentary fruit, juice, citrus waters, and teas until our therapists arrived to whisk us away to the attractive treatment rooms.

As Vermont is renowned for its maple products and Green Mountain Coffee, we decided to experience two of their Stoweflake Signature Treatments, the Vermont Maple Sugar Body Polish and the Green Mountain Coffee Body Treatment. After our daily consumption of two of Vermont's famous products, namely everything maple and Green Mountain Coffee, it was only fitting to have Spa treatments using the products as well.

The Vermont Maple Sugar Body Polish was 80 minutes of pure bliss and happiness and consisted of hot towel compressions, a full body maple scrub, and a moisturizing massage with body butter. Buffed, polished, and exfoliated, this treatment leaves your skin energized, smooth, and with increased circulation. After a shower to remove the locally made maple scrub made with maple sugar and maple syrup and other delicious ingredients, the next step was the massage, which was the ultimate finish for a perfect treatment.



Spa at Stoweflake Treatment

The Green Mountain Coffee Body Treatment was also a heavenly 80 minutes and was designed to nourish, re-mineralize and help reduce and smooth cellulite. It included an invigorating exfoliation, an antioxidant Dead Sea Mud wrap, and a full body Coffee Oil Massage. This was another fabulous treatment that delivered what it promised, with your skin feeling incredibly smooth and pampered.

After our treatments, we headed to our respective locker rooms to spend time in the saunas to enhance the moisturizing benefits from our massages, followed by cool showers, and a session in the steam rooms. The Spa at Stoweflake has indulgent little extras to pamper its guests, including chilled, scented towels and

Created by: Debra C. Argen and Edward F. Nesta

sliced cucumbers to place over one's eyes while enjoying the sauna or the steam room, which we very much enjoyed.



Bingham Hydrotherapy Waterfalls

After our saunas and steams, we met in their stunning co-ed Aqua Solarium featuring their signature 12-foot high Bingham Hydrotherapy Waterfalls, where we stood under the waterfalls to let the rushing water cascade over our shoulders thus providing us with another massage. With our eyes closed and the feel and the sound of the waterfall, our minds wandered and recalled trips to Hawaii and Brazil where we had experienced playing in natural waterfalls, and it felt wonderful.

Next we spent time in their Hungarian Mineral Soaking Pool, another amenity that distinguishes this world-class Spa to continue the therapeutic hydro benefits and culminate our Spa experience before we checked out of the hotel and headed back home to reality. The caring and professional team at The Spa at Stoweflake definitely put the "ah" in Spa with their excellent service.

Stoweflake Mountain Resort & Spa is easily accessible by car, air (Burlington International Airport), and Amtrak train. The resort is located 129 miles from Montreal, Quebec, Canada, 178 miles from Albany, New York, 200 miles from Boston, Massachusetts, 220 miles from Hartford, Connecticut, and 335 miles from New York City, New York.

For additional information, please visit their website, www.Stoweflake.com.



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Read about our experience at **Stoweflake Mountain Resort & Spa** in the [Stoweflake Mountain Resort and Spa](#) in the [Hotels and Resorts](#) section, about our dining experience at [Charlie B's Pub and Restaurant](#) in the [Restaurants](#) section, read the interview with **Executive Chef Mitch Jones** who shares the delicious recipe for **Spicy Duck Ninja Roll** in the [Chefs' Recipes](#) section.

Read about our experience at **The Spa at Stoweflake** in the **Spas** section, and the [Adventures](#) section to read about our experience [dog sledding](#) and [skiing](#).

Read more about **Stowe, Vermont** in the **Destinations** section.

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